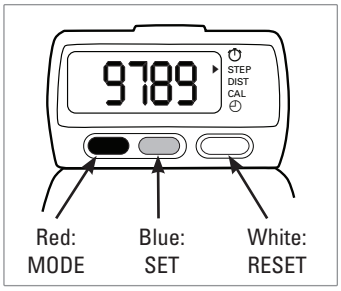
# AE2790 Pedometer

## INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to set up your new pedometer. Just follow the steps below, and start walking!

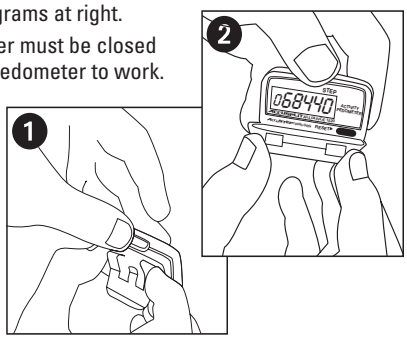
### DISPLAY MODES




- **STEP:** STEP mode shows your step count since last reset, up to 1,000,000 steps.
- **DIST:** DISTANCE mode shows distance walked or jogged since last reset.
- **CAL:** CALORIE mode shows calories burned through step activity since last reset.
- 🕘**:** CLOCK mode shows time of day.
- ⏱**:** ACTIVITY TIMER MODE shows total activity time in minutes and seconds since last reset. The timer runs automatically whenever steps are being recorded.

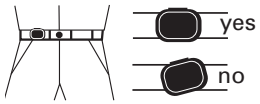
### HOW TO OPEN YOUR PEDOMETER

See diagrams at right.
The cover must be closed for the pedometer to work.




### WEARING YOUR PEDOMETER

Gently slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee. The strong steel clip makes it easy.




*Note:* The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.

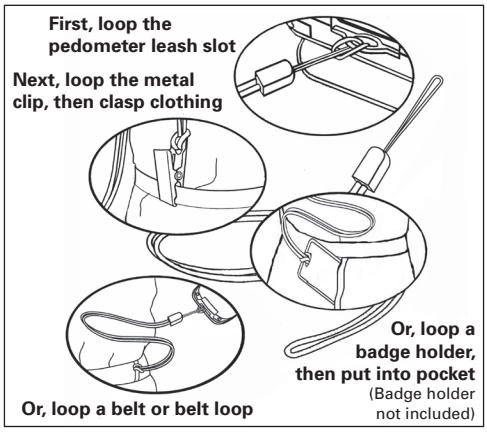
**The cover must be closed for the pedometer to work.**

To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

### SETTING UP YOUR PEDOMETER

To record your distance and calories accurately, you will need to set your stride length and body weight.

**Finding Your Stride Length:** Your stride length is the length of one of your steps, measured from "toe to toe." To measure, walk 10 steps with your normal stride and measure the TOTAL DISTANCE from the toe of your starting step to the toe of your 10th step (see diagram below). Divide the TOTAL DISTANCE by 10, and multiply the decimal portion by 12 to find your stride length in feet and inches. Example: If you walk 23 feet in 10 steps, your stride length is 2.3 feet. Multiply 0.3 x 12 = 4. Your stride length is 2 feet, 4 inches.


First, loop the pedometer leash slot
Next, loop the metal clip, then clasp clothing
Or, loop a badge holder, then put into pocket
(Badge holder not included)
Or, loop a belt or belt loop

**Setting Your Stride Length:** Repeatedly press the red MODE button until indicator points to "DIST." Press the blue SET button once to enter setting mode. Display will shift to show stride, in feet and inches. Press and hold down the blue SET button to increase stride length. Press the red MODE button to exit setting mode.
*Note:* Pressing the white RESET button resets stride length to 2' 0".

**Setting Your Weight:** Repeatedly press the red MODE button until indicator points to "CAL." Press the blue SET button once to enter setting mode, then press and hold the blue SET button to increase weight (in pounds). Press the red MODE button to exit setting mode.
*Note:* Pressing the white RESET button resets weight to 120 lbs.

**Setting the Clock:** Repeatedly press the red MODE button until indicator points to "🕘." Press the white RESET button. The dash will stop flashing. Press and hold down the red MODE button until the correct hour is displayed; release button. Press and hold down the blue SET button until the correct minutes are displayed; release button. Press the white RESET button to exit setting mode. The dash will begin flashing. The clock is now set.

**Attaching the Leash:** Attach the pedometer to the leash by looping the leash through the pedometer leash slot. Next, loop the leash through the metal clip, then clasp the waistband of your clothing with the pedometer belt clip. You can also use a safety pin to fasten the leash to your clothing, loop the leash through your belt or belt loop, or use a badge holder.

### VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps, distance, calories burned, and activity time. Repeatedly press the red MODE button to cycle through the pedometer modes:
STEP → DISTANCE → CALORIE → CLOCK → ACTIVITY TIMER → STEP

### 3-STEP DELAY FILTER

ACCUSPLIT has added a "3 step delay" filter to this pedometer, to weed out false steps caused by tapping the foot, sitting down, etc. The filter is set to "3 steps," meaning that the unit will wait to start counting steps until more than three steps have been recorded. When you are beginning a walk, the display will not show any steps for a few seconds. After the unit has sensed four steps, the display will register all of those steps at once, and keep counting from that point.

### RESETTING YOUR PEDOMETER

Most people prefer to reset step, distance, and calorie counts daily. To reset: From STEP, DISTANCE, or CALORIE mode, press and hold the white RESET button for at least 2 seconds.

### CHANGING UNITS (English vs. Metric)

The Pedometer can display either in English units (inches, miles, and pounds - this is the default), or in Metric units (cm, km, and kg). To change between display modes, push and hold the red MODE button for 5 seconds, until you see all display indicators momentarily come on. You can check to see which system of units you are using by repeatedly pressing the red MODE button until it displays either MI or KM when showing Distance traveled.

### REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type L1142 (LR43) 1.5 volt silver oxide battery.
To replace:

1. Insert a coin into the slot on the front of the case, and twist counter-clockwise to loosen the battery door.
2. Remove battery door and take out the old battery. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Put the battery door back on and twist the coin clockwise to tighten.

*Eat Right! Walk More! Live Well!*
*The ACCUSPLIT Lifestyle*

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